Edison has just lost a 35-year-old suit. It ought to be out of style by this time, anyhow,

The Crar of Russia has bought a newspaper. Now, he'll get acquainted with some real troubles.

It is possible to buy a cement house with a roof garden for \$2,500. We suppose the cellar would be avtra The Elberta peach crop and the Al-

berta wheat crop are friendly rivals, and both are full of promise this year. Germany has ordered another Zeppe-

lin airship. Germany must have decided to keep on trying until she gets a good one. There is no use in fighting the in-

evitable. A prominent college is adding to its courses one to teach men how to cook. Milliners tell us that small hats will

be the fashion this year, but it is not likely that the prices will be any smaller than usual. Now that Dr. Wiley has taken unto

himself a wife we are curious to know whether she can make the pies that mother used to make. No divorced woman or actress who has married a peer will be presented

at the English court. This is very hard on the actresses. A woman of 84, living on Long Island, saws her own wood. And no

body rebukes her for entrenching on man's sphere of activities. Vassar college has celebrated her

cynical critics by not claiming to be a day younger than she really is. Pittsburg woman wants a divorce because her husband treats her sister

too affectionately. Yes, younger sister; why ask superflous questions? Hopkins professors have discovered that water is a valuable anesthetic. Before long someone may prove that

Two French vaudeville critics recently fought a duel. They should have stuck to the pen, which in theory at least is considered mightier,

it is equally good for drinking pur-

anyhow A prominent railroad man says that Europe leads the United States in the number of railroad wrecks. She's welcome to the prize for this line of

endeavor. The report that a German plumber has been raised to the Prussian nobility by the kaiser leads us to believe that some foreign correspondent has that of the railroad. been hitting the pipe.

men" opines the president of Vassar evenly divided between the 1.500 college. But men made botter foot-ball players, and what is a college without a football team?

The Marys of England are combining for the purpose of buying Queen Okiahoma City Chamber of Commece Mary a coronation gift. The Queen stands a chance to get a manicure

I read in the papers the other day of a man who got a divorce because woman he married was a nickpocket. It seems to me that is es-

\$200 diamond ring and its owner refuses to have the culprit killed. The only way out of it is to set the chicken in a ring and wear it.

A Chicago lady wants a divorce be cause her husband shut off her charge account at the department stores. It probably comes under the head cruel and inhuman treatment.

An Evansville, Ind., widow has just annexed her ninth husband. Massachusetts spinsters may be informed, if they wish to have particulars, that she is 70 years of age-and wealthy.

A fat men's club in New England has discovered that few fat men are criminals, and that most good-hearted and right-minded men tend to take on flesh, for they are naturally men of stout hearts.

A St. Louis woman left instructions in her will that her dog should be shot, and buried after her death. Thus do we gradually climb up from the days when men caused their wives to be buried with them.

A minister in Washington state roused the feminine population by saying that women are worse Hars than men. He has no exceptions, since the protests began to come in, that they are going to lie like ladies in expressing their opinion of him.

A Massachusetts alienist says that everyone sometime in life is on the verge of insanity. The smart ones are those who manage to make this period connect with crime, so as to get the benefit of the latter with the former as an excuse.

A plumber has become a Prussian lord, and the ice men of Berlin are

The masculine part of the world is kicking against the proposed new fashion of tight trousers. Men with fat legs object on the score of comfort; men with thin legs object on the core of betrayal and men whose legs give an optical demonstration of the conclave or convex revolt at being made guys. But we will have to come less we are so revolutionary as to disregard the fashion.

Iron County Register MOB OF NEGROES FIRE ON WHITES

VOLLEY FIRED INTO CROWD AT LAUREL, DELAWARE, KILLS YOUTH; OTHERS HURT.

POLICE ARE POWERLESS

Wound Forces Amputation of Man's Leg and Barber Is Hit While Shaving Patron-in Later Raid Leaders are Captured.

Laurel, Delaware.-Armed negroes swooped down upon a crowd of spectators in the main thoroughfare of Laurel, at ten o'clock at night. and fired a volley of bullets and buckshot into the throng.

Orem Stockley, 18 years old, son of a farmer living near Laurel, fell to the ground, shot through the head. He was taken to a hospital in Salisbury, Md., where he later died.

George Hudson, 50 years old, a white man of Bethel, was shot in the leg, necessitating amputation, and John hompson, a whie barber, was shot in both legs while shaving a patron. Other white men received minor injuries.

Several Negroes Injured. It is known that several negroes were injured, but they cannot be lo-

Officers were unable to cope with the mob and there was a fierce strug- upon a final plan of action which gle between the two races until 3 o'clock in the merning. Windows were of the session, the house organization shattered and the exterior of buildings is about to go upon the rocks. The were greatly damaged.

When it was learned that young Stockley had died, white men armed themselves, and with Chief of Police now, if the session of the forty-sevfiftieth birthday, and has silenced all Bills and other officers entered the ne- enth general assembly is to be congro section and raided the house cluded in a reasonable length of time. which was said to be the headquarters of the negro rioters.

Three of the ringleaders were arrested and taken to the Sussex county.

Officers are endeavoring to apprehend the negro who shot young Stocklew. Open threats have been made of a ynching when he is captured.

RAISE TELEGRAPHER'S PAY

Illinois Central Railroad to Pay its Operators \$60 a Year More to Each Man.

Chicago, Illinois.-Wage differences between the Illinois Central railroad and its telegraphers have been adjusted, and the key men win an advance in salary approximating \$60 a year to each man. All talk of a strike, following the recently taken strike vote of the telegraphers, was laid at rest when the representatives of the key men agreed to divide the standing difference between their proposition and

The total increase granted is \$79. 204 a year, which, it was stated at "Girl students are smarter than the railroad offices, would be about

NEW RAILWAYS PROPOSED

Members Buy \$176,000 Stock in the Company.

Oklahoma City, Oklahoma,-Proposing to construct a railroad from Oklahoma to southwestern Kansas to connect with Missouri Pacific there. and proposing to build another road tablishing something of a precedent. from Oklahoma City to Henryetta to connect with the Missouri Oklahoma & Gulf there, citizens of Oklahoma A chicken in Ohio has swallowed a City, during a 45-minute meeting of the chamber of commerce subscribed

for \$175,000 stock in the company. The two heaviest purchases were representatives of the two packing firms with plants in Oklahoma City.

WHITE NEW MINE HEAD

Takes Charge of Affairs of United Mine Workers, Succeeding Lewis in Office.

Indianapolis, Indiana. - John P. White of lowa has arrived here to begin his duties as president of the United Mine Workers of America, succeeding Thomas L. Lewis of Bridge-

Vice-President Frank Hayes and Secretary-Treasurer Edwin Ferry were re-elected and will continue in office.

Orphan Saves Fifteen Children. Erie, Pa. - Morris Colgrove, fifteen years old, an orphan, saw a team attached to a wagen in which 15 children were being taken to their homes running away. He caught the rear end of the wagon and brought the horses to a stop.

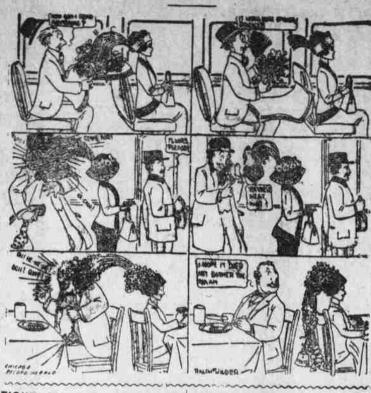
Courthouse Safe Blown in Iowa. Des Moines, Ia.-One policeman shot, the vault containing \$100,000 tax collections in the \$1,000,000 county courthouse and one man under arrest on suspicion, is the net result of an unsuccessful attempt at a most daring robbery in this city.

Girl Swallows Hatpins. Peoria, Ill.-Accidentally swallowing four black-headed hatpins perhaps four inches in length, Miss Bernice Hillis, 17 years old, in at Practor hospital in a precarious condition.

St. Louis, Mo .- Four thousand and six hundred campenters and cabinet makers are striking in this city. The earpenters, who number about 4,000. refused to return to work April 1 when contractors refused to grant a dare increase on 5 cents an hour.

I. C. Official Falls Dead. Memphis, Tenn.-John A. Scott, general passenger agent for the Illinois Central lines south of the Ohio river. fell dead in a doorway of the Jefferson apartments.

THOSE WONDERFUL HATS



ON OVER CALENDAR CONGRESSMEN TO CAUGUS

LEGISLATION.

Sonate Wheels, However, Run the Smoother and Active Week Is Planned by Selone.

Springfield, Ill.-Unable to agree will guide its work to the conclusion steering committee is hopelessly divided on several of the most important issues that are to be met and decided

Some of the leaders want to pass the important legislation that is now before the session and put the final burden up to Governor Deneen for approval or veto. Others favor searching the salendars and picking only a reasonable portion of the important bills or at least only such ones as a majority of the steering committee can agree upon for support and using their endeavors to rush these. The inability of the leaders to agree upon a policy caused the early adjournment on Thursday of last week after it had been planned to work through Fri day. Possibly upon their return Tuesday, after a few days spent at home, they will be more impressed with the importance of getting together.

Negroes Quitting Oklahoma.

Guthrie, Okiahoma.-The final action of the Canadian government in admitting negre families from Okiahoma is having the effect of further colonization among negroes, especially in Okfusgee, Muskogee and Creek counties. The first emigration to Canada last week was 90 families, about 500 negroes, from the vicinity of Clearview

Mexican President Plans to Retire Soon and Leave for Eurepe, Is Report.

Mexico City.-President Diaz will form his new cabinet of men close to the people. Senor Jose L. Limantour will be the directing force in the formation of the new ministry. Following the institution of the new portfolio President Diaz is expected to relinquish office to one of its memhers and sail for Europe to remain.

New York .- An interlocutory decree of divorce in favor of Edna Goodrich Goodwin, the actress from her husband, Nat C. Goodwin, the comedian, was signed by Supreme Court Justice Giegerhich.

Deposed Sultan is Dead. Vienna -An unconfirmed report from Sanonika says that Abdul Hamid. the deposed sultan of Turkey, is dead. A few days ago he attempted suicide when his plot to escape was frustrated.

Alien Land Measure Dies. Sacramento, Cal.-The thirty-ninth legislature of the state of California adjourned sine die at midnight. The anti-Japanese bill, which passed the senate last week, died in committee in the house.

Lower Breakfast Food Rates Asked. Washington, D. C .- Reduced freight rates on breakfast foods were demanded of the interstate commerce commission by two Illinois cereal companies, in a complaint filed against the Santa Fe and 18 other railroads.

11 Injured in Explosion. Milwaukee. Wis .- Three man are dying in hospitals and eight are seriously injured as a result of a fire which caused a loss of \$100,000 damage to the plant of the Minnesota Billiard compuny.

Grace Bryan to Wed. Lincoln, Neb .- Announcement has been made by Mr. and Mrs. William J. Bryan of the engagement of their daughter, Grace Dexter Bryan, to Richard Lewis Hargreaves, a young business man of Lincoln.

Wireless Officials Indicted. Louisville, Ky .- W. Young Kinleyside, president, and William Russell, secretary of the Southwestern Wire. less company, were indicted by the federal grand jury on a charge of using the mails to defraud.

Taft Goes With Littleton. Augusta, Ga.-President Taft played olf with Representative Martin Littleton of New York. The weather was fine. Mrs. Taft will remain with the president until he starts for the jug to seat Lorimer, demanding the capital next Sunday.

LEADERS UNABLE TO AGREE ON MANN OF ILLINOIS WILL BE MI-NORITY FLOOR LEADER.

> Democrats Will Make Many Changes Among Officials-Will Arrange Organization of House.

Washington, D. C .- Caucuses were held by the Democrats Saturday and the Republicans on Monday to prepare for the organization of the house. In the Democratic caucus Champ

Clark of Missouri for speaker and South Trimble of Kentucky for clerk, will have no opposition. For sergeant at arms there will be a hard contest between former Congressman William B. Ryan of Buffalo and U. S. Jackson, chairman of the Indiana state Demecratic committee, Jackson is given much eredit for the sweeping Democratic victories in the last two state elections.

Former Congressman Robert Gordon of Ohio seems to have the lead for postmaster of the house.

Henry N. Couden blind chaplain of the house, has several opponents. Rev. Mr. Couden is a civil war veteran and the Grand Army posts are urging his re-election.

In the Republican caucus, Representative James R. Mann of Chicago will, in all probability, be nominated for speaker, which means that he will be the floor leader of the Republicans.

I. C. Railroad Official Confers With

Telegraphers, Who Ask 26 Per

TRYING TO STOP STRIKE

Cent Wage Increase. Chicago, Ill.-W. L. Park, gen eral manager of the Illinois Central reflecad; H. B. Perham of St. Louis. representing the telegraphers, and J. W. Miller, chairman of the Louisiana division of the Telegraphers' union, conferred here on the wage question.

A strike is threatened for April 1 by DIAZ TO RESIGN OFFICE the men, who ask an increase of 20 per cent in pay, At a strike vote recently taken, 95 per cent of the 1,600 telegraphers voted to go out unless a satisfactory

wage increase was granted. Mrs. Carter's Play Tamed Town. Boston, Mass.-Mayor Fitzgerald's official censo.3 went to the theater where Mr. Loslie Carter is playing in "Two Women" to edit the production. The m yor has decided that some of the line in this play are immoral. He recently suppressed "The Easiest Way."

Dies From Skipping Rope.

New York .- Ambitious to defeat all of her little playmates in skipping the rope, Mary Camplin, 12, of Brooklyn, jumped 698 times without stopping. She died before a doctor could be called.

Pasteur Institute Director Dies. Baltimore, Md.-Dr. Adolph G. Hoen, 61 years old, director of the Pasteur institute, Richmond, Va., and a pioneer in microscopic and histology, is dead in Waverly, a suburb.

Scotch Brides Reach II S New York,-Twenty young women who in a day or two will be brides. arrived from Scotland on the steamship Caledenia. Each was met by her affianced, all of whom are Scotchmen who had come to this country at various times to better their fortunes and had sent for their brides-to-be.

Hungary Has 20,805,700. Budapest, Hungary.—The official census shows Hungary to have a population of 20,205,700. This is an increase in ten years of 1,596,000.

Record Shipment of Friut. San Bernardine, Cal.-Twenty-five million oranges and lemons were moved out of southern California, 173 carloads starting eastward from this city and Colton. This is a record shipment for a single day.

Weman Near Death From Burns. Galesburg, Ill .-- Mrs. T. C. Richard son of Maquen, is lying at the point of death from burns, because of her clothes catching fire. Her little daughter, Pearl, sustained severe burns while trying trying to rescue here.

Spokane Under New Code. Spokane, Wash.-Spokane enweed upon its first commission musicipal government, when administration of its affairs was taken over by the commissioners elected a week ago. Rev. William Hindley is mayor.

Ask Senators to Quit, Pana, Ill.—The Anti-Horse Thief as ociation of Rosemond passed resolutions condemning Senator William Lorimer, and Senator Cullom for votresignation of both.

100 KILLED OR

MEXICAN REBELS BLOW UP MILL AT SAN RAFAEL, START FIRE IN WHICH WOMEN DIE.

Friction Among Maderos Delays Peace -Diaz Doesn't Want World to Know He is Treating for End of War With "Bandits."

El Paso, Tex.—There is anxiety here and in Jaurez over the report from Nogales, Sonora, that from 806 to 1,000 men were killed or wounded in a firce battle which raged three days between federal and insurgent troops near San Rafael, Sonora, and in the destruction of San Rafael by fire.

No confirmation of the report has ome to El Paso, but an officer in the government forces is quoted as saying that not fewer than 1,000 were killed and wounded on both sides.

The report is that a revolutionary force of 1,500, under Celonels Garcia, Cabral, Gandarilla, Villareal, Viren and Manage, advanced against San Rafael from Ures, Mexico. They engaged a big federal force after having blown up a flouring mill on the outskirts of the town. The dynamiting started a fire which is said to have spread to all parts of San Rafael, destroying the town.

The battle went on while the blaze was at its height, the revolutionists so occupying the federal forces that they were unable to care for several score of women and children imperiled by the fire. A number of these are said to have perished.

The federal force of 1,200 commanded by Colonel Barron and Colonel Ojeda, was the same as that which engaged the insurgents recently at La Colorado.

Conflicting reports were received from Douglas and Nogales, Ariz. A telegram received frem American officials at Nogales says the reported engagement was a long-distance fight. participated in by only 100 federals and \$0 insurrectos, but a report from Douglas says there was a "big fight." in which several hundred were killed.

CYCLONE DESTROYS TOWN

at Gainestown, Alabama-Counties Devastated.

Mobile, Ala.-Belated reports from the sections of Monroe and Clarke countles which were devastated by a evelone indicated that many lives were lost. Advices from Gainestown stated the town had been practically wiped out

by the cyclone, with a loss of six lives there. Forty persons were in tilness. jured and scores of buildings demol-Resigns to Promote Peace. Washington, D. C .- Dr. James B.

ment, had resigned. He will give his time to the \$10,000,000 Carnegie fund for the promotion of international peace, of which he is secretary of the executive committee.

Clears Self of "Debt." Hinsdale, Ill.-Dr. D. K. Pearson of Hinsdale will celebrate his ninety-first birthday April 14 by the distribution of \$300,000 to schools and religious organizations. This will make his to tal distribution in recent years nearly \$5,000,000, most of which has been given to small colleges.

Antarctic Expedition Reported. Christi Church, N. Z .- The Terre Nova, which carried Captain Scott's Antarctic expedition to the point from which the polar dash was to start, returned here. It reports leaving the expedition in good shape

\$50,000 Race Shed Burns. Tampa, Fla.-The police are hunt ing for an incendiary who set fire to the West Tampa race track struc tures, destroying the grandstand and sheds and causing a loss estimated at

\$50,000. Mistreats College Girls.

Spekane, Wash.-Boys of the Wash ington state college at Puliman, broke into the girls' dormitory in Stevens' hall at 2 o'clock in the morning. They overturned the beds and dragged dozen girls around the floor on the bed clothes. A dozen youths have been summoned before the faculty and several girls have gone home from the college. The entire student body, 1.200, has struck, refusing to attend classes until the perpetrators are de tected and expelled.

Father Beheads His Girl. Wilkesbarre, Pa.-Charged with having mistreated his daughter, Theresa, 15 years old, cutting her throat and tracks, John Hortzjohan is now a prisoner in the county fall.

Chinese Fire on Russlans, London, Eng.-Chinese regulars in the Ill district have fired on Russian troops, and the Russian office has in structed Minister Korostovetz at Pe kin to demand an explanation from the Chinese government.

Millionaire Dimock Near Death. New York.-Henry D. Dimock, mil lionaire and former head of the steam ship trust, is critically ill at his home. For two weeks, at was learned, he has been hovering between life and death from heart trouble.

Negroes Forced to Leave. Harrisburg, Ill.-With the removal of the negroes from the village of Muddy, peace has been restored. Fol lowing the burning of a pool con ers were asked to vacate.

MISSOURI NEWS

DOCTOR IN BLACKMAIL NET.

Kirbyville Physician Admits Writing Letters to Coffee Company.

Springfield.-Because he demanded \$50 husb money for not making pub lie the alleged fact that he had found FIGHT RAGES THREE DAYS "a jawbone and three teeth" in a package of the firm's coffee, Arbuckle Bros. of New York City caused the arrest of Dr. T. M. Callen of Kirbyville on a federal warrant. Dr. Callen was brought to this city for arraignment. He was released on bond and the case will come up at the spring term of the federal court here.

Dr. Callen wrote a letter to Arbuckle Bros., asserting he had found a jawbone and three teeth in a nackage of coffee bearing the New York firm's trade mark. The letter was sent to the Kansas City branch of the firm and the doctor was communicated with. He replied with another de mand for \$50 for his silence, and the letters were then turned over to Inspector Hodge. The doctor is a man of prominence in the vicinity of his home. He admits writing the letters

WANTS FIREMEN AT CAPITAL.

St. Louisan Says Jefferson City Should Have Have Paid Department.

Jefferson City.-Henry Fairback of St. Louis, representing the Veteran Volunteer Firemen's Historical association, called upon Mayor Heinrichs of Jefferson City to inquire what facilities the city has to protect the state's property from loss.

Mr. Fairback says the state capitol should at once equip itself with an automobile fire engine and maintain a few paid men. He says the state could do much to assist by organizing a fire squad at the penitentiary. He is of the opinion if the city is unable to provide adequate facilities the state should co-operate.

ASYLUM'S INSURANCE CUT OFF. Board Forced to Cancel \$130,000 for Lack of Funds.

Fulton.-Fire insurance to the amount of \$130,000, carried on all the buildings of the Fulton State hospital. was canceled through an order of the board of managers. The hospital still carries \$20,000 on the boilers. The premiums had been paid out of the support fund, but the increased cost of maintenance made it necessary to cut expenses. The refusal of the leg-Six Reported Killed and 40 injured islature to give the institution a contingent fund of \$25,000 almost insures

DIES AT AGE OF 110 YEARS. Sedalian, Before Illness, Attributed Longevity to Simple Life.

Sedalia.-Daniel Bartlett, who was born at Boonville, Mo., January 14, 1801, died of pneumonia after a wek's

In an interview shortly before he became ill, Bartlett attributed his physical condition at the advanced age of 110 to his simple way of living. He Scott, solicitor for the state depart temperate in all things. was not a total abstainer, but was Bartlett was married

survives him, is 100 years old.

UTILITIES ACT IS UPHELD. Supreme Court Rules Cities Have the Right to Fix Rates,

Jefferson City.-The validity of the public utilities act enacted by the Forty-fourth general assembly and which gives to the municipalities of the state power to regulate both the rates and hte service of public-service corporations doing business within their incorporated limits is sustained in an opinion written by Judge Kennish and concurred in by his associates upon the supreme court bench of Missouri.

MULES REACH SOUTH AFRICA.

124 Boone County Animals Purchased by Johannesburg Man.

Columbia.-After a forty-five days' trip, 124 Missouri mules, most of them from Boone county, have reached Johannesburg, South Africa.

The mules were bought in Columbia

about three months ago. They are said to be the finest ever landed in South Africa. They are 4 to 7 years old and stand 15 hands high, this being the stipula-

tion by the buyers. College Suit to High Court. Springfield.-The suit for \$50,000 damages brought by Pref. Fritz Darrow against Drury college, President J. H. George and Rev. C. W. Briggs of the Methodist Episcopal church, was appealed to the Missouri supreme

court by the plaintiff. Steamer on Fire Off Coast. Eureka, Cal.—The government wireless station at Table Bluff reports then placing her bedy on the railroad that a steamer is burning about four miles off that point. The steamers Argyle and Rose City have left here to go to the aid of the boat.

\$500,000 Fire From Gas Steve. Columbus, Miss .- A gas stove left burning in the drug store or Dr. J. D. Turner kindled a blaze at Fayactt. Ala., 40 miles east of here, which destroyed 42 buildings and caused a oss estimated at \$500,000.

16,000 Barrels of Whisky Burn. Bloomsburg, Pa.-Fire destroyed the largest bond house of the McHenry Distilling company at Benton, near here. Sixteen thousand barrels of whisky were consumed. The loss will reach nearly \$1,000,000.

Women Win 8-Hour Bill. Denver, Col.—The senate has passed on third reading the women's eighthour bill, the vote being 18 to 14. Senmany negroes left voluntarily and cile ator Cornforth attacked the constitu tionality of the bill and was hissed by women in the galleries.

Spring Humors

Come to most people and cause many troubles, pimples, bells and other crup-tions, besides loss of appetite, that tired feeling, billiousness, indigestion and head-

The sooner you get rid of them the bet-ter, and the way to get rid of them and to build up the system is to take

Hood's Sarsaparilla The Spring Medicine par excellence as shown by unequaled, radical and perma-

nent cures.

Get it today in usual liquid form or chocolated tablets called Sarsatabs. Don't Buya Common Refrigerator It will soon become a vile smelling, discess breeding thing. Our free bookfettells why. Ank for it. buy the Leonard Cleanable

lined with real perceivin cannel on about stock, all one piece. Not a crack or crevice for yerms as hids. You can't beenk, scratch or mar k, easily cleaned as a chira dish, nine walls to save ice: often liess, sanitary and durable, cheapest in the ead. We selldirect where



How He Averted a Duel. The following is told of former Sen-

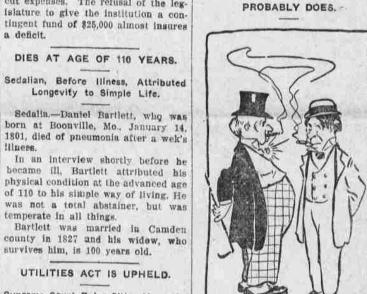
ator Joe Blackburn of Kentucky: In the days of his youth the Kentuckian was asked by a friend to second him in a duel. He consented, and at sunrise the parties met at the appointed place. Now, it was this Kentuckian's duty to say the last words touching the terms of the duel. But, duty, the duel never took place.

A murmur of "Why not?" invariably goes around whenever this story is told, whereupon the answer is as fol-"For a very simple reason. When Joe finished speaking it was too dark

for a duel."-Harper's Magazine, Preponderance of Evidence. "Sorry," said the constable, "but I'll have to arrest ye-you been drivin' along at the rate of 50 miles an hour."

"You are wrong, my friend," said the driver. "I wasn't, and here's a ten-dollar bill that says I wasn't." "All right," returned the constable, pocketing the money. "With 11 to one against me I ain't goin' to subject the county to th' expense of a trial."

-Harper's Weekly.



Howell-My wife few words.

Powell-But doesn't she make the few work overtime? Eggsacting. Dr. J. S. Slack, the English food ex-

pert, said in a recent lecture in Duluth: "The secret of health is two meals a day with an occasional fast. But people won't avail themselves of this superb secret. It is too unpleasant-

like the fresh egg. "A gentleman, after cutting the top off a soft-boiled egg, summoned the waiter and said: "'Waiter, take this egg back to the

kitchen, wring its neck, and grill it for me." COFFEE HEART Very Plain in Some People.

A great many people go on suffering from annoying ailments for a long time before they can get their own consent to give up the indulgence from which their trouble arises. A gentleman in Brooklyn describes

his experience, as follows:

ago that I owed the palpitation of the heart from which I suffered almost daily, to the use of coffee, (I had been a coffee drinker for 30 years) but I found it very hard to give up the bev-"One day I ran across a very sensible and straightforward presenta-

"I became satisfied some months

tion of the claims of Postum, and was so impressed thereby that I concluded to give it a trial. "My experience with it was unsatisfactory till I learned how it ought to be prepared by thorough boiling for not less than 15 or 20 minutes.

After I learned that lesson there was no trouble. "Postum proved to be a most palatable and satisfactory hot beverage,

and I have used it ever since. "The effect on my health has been most salutary. The heart palpitation from which I used to suffer so much, particularly after breakfast, has disappeared and I never have a return of it except when I dine or lunch away from home and drink the old kind of coffee because Postum is not served. I find that Postum cheers and invigorates while it produces no harmful stimulation." Name given by Postum Co., Battle Creek, Mich.

Ten days' trial proves an eye opener Read the little book, "The Road to Wellville," in pkgs. "There's a Reason.

Ever read the above letter? A one appears from time to time, are genuine, true, and full of hi interest.